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THE SPIRITUALIST

C. P. CHRISTENSEN, Editor

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FEBRUARY, 1916

NOEL H. M. CAMPBELL, M. D.

Member of the
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Tuxedo Bldg., 637 Madison Ave.,
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VOL. II.

FEBRUARY, 1916

No. 2

Opportunity

By ELIZABETH L. SILVERWOOD.

The common problem, yours, mine, everybodys, is not to fancy what were fair in life—provided it could be—but finding what may be, then find how to make it fair up to our means—a very different thing.

Robert Browning.

Opportunity is the open door to expression and fulfillment. No matter if it sometimes opens also on the narrow path of sacrifice, pain and sorrow, our opportunities often open their gates upon these paths—the paths where initiations are passed.

The first door we open is physical life and it leads to such vast possibilities that those who are wise open it often. I sometimes hear persons say they do not want to live on earth again, that life is too hard to them, its problems beyond their grasp. So, foolish children play truant from school through ignorance of the vast importance of education. But, fortunately for them, the truant officer takes care they do not miss their opportunities. Just so in the school of life we are sent back again

and again till we have learned all its lessons properly.

The next door we open is Education. It is pitiful that so much valuable time is wasted in schools and colleges trying to benefit by their opportunities, but going through the door of cramming and not of education. Where metaphysics, the higher, purer metephysics, is a part of pedagogy, nine years will not be wasted as is now too often the case. But the methods will be changed. Teachers will strive to awaken their pupils to the wonders of Reason and Recollection, knowing that every soul has infinite memories. The child will be taught to blend its consciousness with the Universal Mind, so that it may attain wisdom rather than knowledge. The teacher will realize that the mind of a child is not a white, unawakened page nor a wax cylinder to be impressed upon, but rather a palimpsest which their duty is to try to decipher, a palimpsest which has been written and re-written again and again. When that millennium arrives, Education

will be the open door of opportunity to everything worth while.

Love is another portal on the upward path that leads to Perfection. This door is as narrow as a needle's eye. Above it on the lintel this sentence is carved—

All who would enter here must forget Self.

Few enter this door till they have passed through many doors of life, for only a developed soul is self-less, only a developed soul seeks the sacrificial path.

This gate of Love is doubly guarded by Joy and Pain, twin sisters these, whom people often mistake for each other. They are never far apart and those who enter Love's opportune way are accompanied by these guardians of the path. There are many by-paths leading from it. One is self love, one is family love, one is the reverse of these and leads to perdition. Nevertheless it too is an opportunity although it leads through thorny paths. But love's true path is smooth and leads to Peace and Joy and Satisfaction. What a wealth of opportunity does Love open unto us! How we grow, how we learn to express, how true we become, how thoughtful and tender and careful not to wound and how generous, for "Love seeks not her own." And as we advance along that magic path we pass portal after portal, filial love, child love, friendships, sweetheart love, marital love, parental love, love of humanity, then last of all cosmic consciousness or Divine Universal Love.

One poet has said that "Opportunity knocks but once at every man's door." That is but a half truth. While that identical opportunity may not return, another will, for every day is a new day and we are our own designers, so that we can build for ourselves endless opportunities. Many a door is closed in your face along Life's pathway, but that is only because we have, in some way, missed our way. Closed doors are always a sign that you are on the wrong road, so face about quickly and try another route.

Work is another great door which opens to expression and development without end. Work is one of our choicest blessings, without it we would remain in the child stage of development. But our work must not be drudgery; we must either love our occupation or change it. The best

work cannot be done without Love as an incentive to gain the hundred per cent efficiency. Interest in the work is necessary for success, and we must be able to put our whole strength of soul and strength into our work. Efficiency is the great need of the age. There are millions of mediocre workers where there are a hundred really efficient ones. There is plenty of room for the efficient worker in any line and promotion will come in the exact ratio of efficiency.

We are exactly where we belong and have no one to blame but ourselves. Doors everywhere open with the key of efficiency.

"There is a tide in the affairs of men which, taken at the flood, leads on to fortune." But the man who depletes his constitution by cigarettes or other dope will miss the Tide.

"Time and tide wait for no man." The girl who gives herself indigestion from candy and other sweets, who reads trashy novels which atrophy the reasoning faculties, will miss the Tide. Efficiency comes only through hard work and intense concentration upon the work to fit ourselves to do more and better work.

The man who spends his nights at poker need not wonder that promotion does not come his way. There is too much competition today for a muddled brain to succeed. Self development is absolutely necessary. Mental science teaches us that we can not only double our capacity but make it ten times as great as it is at present. We do not use a tenth of the power we have. We only need to look at Colonel Roosevelt to see how far we fall short of efficiency. He is an excellent example of the man who uses all his powers and most of his brains all the time. Up to the present time he has scattered his forces. Should he concentrate all his powers in one direction he would be a great genius.

Politics is another door which is open to us. A very great opportunity this and one that is sadly neglected by those who should avail themselves of it. When Equal Suffrage is an accomplished fact in this State, the women will show the men that the only way to clean out the undesirable things in politics is to "get busy" and do it. Leaving it in the hands of profession-

al politicians, with the excuse that no honest man can be in politics as they are today, is not only cowardly but foolish, for political purity is of vital importance to everyone. It is nothing short of suicide to leave matters as they are. So long as honorable men keep out of politics they will have to pay the grafters to run things for them, and it is a very expensive way to run the government of either city or State.

Opportunity is often overlooked. It comes in many forms and only the one who is on the lookout and able to recognize it can take advantage of its coming. Very often it comes in disguise. For instance, a man I knew twelve years ago asked my advice about an offer he had received to go into partnership with an automobile factory. I strongly urged him to do so. I told him he would be a millionaire in ten years time if he accepted the offer. I told him that automobiles would soon put horses off the streets entirely, but he said, "Horses are far ahead of those noisy, smoky things, and nobody will be fool enough to use them." So he kept his money in the Greenwich bank at three and a half per cent and he is still working hard to earn a living. He did not recognize Opportunity when she came to him. Often she sits down beside a man in his office and he never sees her, but some

day another man will call and seize her and make a million.

There is scarcely a condition in life that does not spell Opportunity for something or other, for the right man or woman. Several qualities are necessary in order that we may be competent to grasp opportunity. Courage is necessary, patience is useful, health is required, ability is essential, faith is needed and a thorough understanding of self and humanity. Efficiency, energy and self control if added will fit you for opportunity when it comes. Meanwhile, keep getting ready; grow, express, develop, study self and your work. Remember that talent without energy cannot accomplish results. Develop energy, power and poise. Never hold antagonistic thoughts. Opportunity comes not where worry is making life disagreeable. "Take no anxious thought what ye shall eat or wherewith he shall be clothed, for your Father which is in Heaven knoweth that ye have need of these things."

At no time in the history of the world were there so many opportunities for those who are courageous enough to accept them. Granted it takes an enormous amount of courage to grasp hold of the opportunities, but what of that? You can only fail, and it is far better to try and fail than not to try at all.

"Believe in God, in thine own self believe,
And what thou dost desire, thou shalt
achieve."

The History of the Earth As Seen In a Psychic Vision

(Continued)

As the voice died away I looked again, and a spirit had left its body of clay. As it stood a second and donned its spiritual body, I was astounded by its beauty. Its awakening into the state of knowledge had brought happiness. It rose and started on its upward journey, and was met by others, all going on their way to Heaven and praising Him who had given them life.

Again I looked and another spirit had freed itself from its body. As it donned its spiritual body its look was different. The expression of anguish and terror was terrible to behold. It knew instantly that

God's hand was upon it. It threw up its hands and gave a scream and wail of terror. Then away to earth's plane it went, to mingle with others of its kind. It was a horrible sight. Its only satisfaction was to be found in entering earthly bodies who leave themselves open to the influence of earth-bound spirits. Such a tendency we sometimes see in the earthly life of a depraved person who works to bring others down to a level with himself.

Again I looked, another spirit had left its body. It was ready for its upward flight, but it did not go. It stood with bowed head, and I heard it murmur:

"Thou great and just God, may I tarry a short while? I have a son. I love him. I will give my ransom but to stay a short while. Let me stay, and with thy power and my guidance he will be saved, and we will enter thy kingdom together."

A voice replied: "Stay, thou good and faithful servant. Thy reward will be the Kingdom of Heaven."

Others had come and gone, some onward others back into the state which I call Purgatory. In many cases the spirit's friends and loved ones prayed for its safe journey seeming to know that it was not yet safe. These good spirits work on the earth plane just as men work while in the body, to save the lost, and, as they help others, they receive God's help in return.

After the soul comes into possession of the knowledge concerning good and evil, it has the privilege of undoing, in a sense, the wrong it did upon earth. The life in the spiritual body is much the same as in the physical, and when there is perfect knowledge of right and wrong, there is the choice, just as there is a choice, with our limited knowledge, on earth. After the awakening into the state of knowledge the soul may redeem itself or not by its own choice or negligence, but there is hope for every one who leaves the body until he has passed through this intermediate state.

I have spoken of the spiritual body as it appeared to me at various times during this vision. It appears to be a light of the life from the physical body, having its form. If we were to attempt its definition, we would probably say that it is closely akin to electricity or magnetism. As it leaves the physical body, at death, it passes beyond the sight of man, still retaining its form. While invisible to us, it is visible to those on the other side, because it is spiritual, and they have the spiritual vision, while we do not have it to any extent, or for any great length of time. As we gradually become purified after our departure from the body, and work our way through the state which I call Purgatory, our bodies gradually change into the white aura. There is no other color for those who go on into this state of perfection.

THE STATE OF THE LOST, OR HELL.

I have said that there was a horrible, as

well as a beautiful side to this vision, and while it would be more pleasant to omit it, it would not be right. As I have stated before, there seemed to be very few who are ready, at the death of the body, to enter the state which we call Heaven. They may prepare for this state by choice and service. But there are persons who do not choose the right, or who lose the power of choice. They are simply bound to the earth, their only satisfaction being found in controlling the actions of the inhabitants of the earth. Even a good person may do evil because of an evil spirit influence, and gradually get into a condition where he longs for evil doing continually.

Thus I saw these spirits of evil satisfying their desires by controlling men. But there will come a time when this satisfaction can no longer be obtained. When the earth has come so close to the sun that all life has disappeared from its surface, when the good spirits have ascended to the higher plane, and the evil only are left, when there is no food of any kind upon the earth and the water has all been dried up by the fearful heat, then these lost souls are in their hell as described in the scriptures.

This is the horrible part of the picture that was painted for me. This part is the part which filled my soul with an indescribable sorrow; the part which we, as human beings, would like to ignore. Yet it is the part which I dare not ignore.

As it takes the earth perhaps a thousand years to go around the sun in this terrible heat, we can imagine what a horrible fate this will be. We can not describe the spiritual sufferings of those who have been left behind because they did not heed God's warning until it was too late.

Before the earth leaves this region of heat, however, everything on its surface will be destroyed, even the lost souls that have endured this torture for hundreds of years. It is not Eternal Hell; it is not everlasting. There is an end to it, as there is an end to all things. But the time has been so long, the suffering so terrible, that it has seemed eternal. There is no life whatever, either physical or spiritual, left upon the earth after its course is complete. (To be continued)

Astrology and the Physician

The influence of the planets on the lives of human beings was the subject of a remarkable lecture by Dr. W. M. Storrar, of Ramsgate, England, to the International Club of Psychical Research. The title of the lecture was "Astrology and the Physician."

The lecture began by pointing out that the study of astrology was ancient when Abraham left the land of Uz to settle in the land of Canaan, and all ancient literatures had taken this science for granted. Hippocrates recommended that no physician should be trusted with the treatment of diseases who was ignorant of astrological science, and maintained that the rising and setting of certain planets at birth had a great effect on diseases. Lord Bacon, the biggest brained man of his age, had a firm belief in the old science, and in the time of the Stuarts every physician professed some acquaintance with it. At the end of the eighteenth century the famous Mesmer, the originator of mesmerism, graduated at his university with a thesis on "The Influence of the Planets on the Human System." But since then, said the doctor, no respectable physician had associated himself with the subject.

A friend of his own used to regale him with full-flavored stories as to the wonders of the science, and he could not refrain from laughter. His friend, chagrined by his sneers, undertook to prove to him its value. He cast the lecturer's own horoscope and picked out the day, year, and month when the doctor should have had serious ill-health. His friend was quite accurate, and that was the only time in his life the doctor's health had given serious concern to his friends. "And thus began my wisdom," said the doctor.

His studies led him to communicate to the medical world in 1892 the results of some of his observations. He found that in cases of deformed patients the deformity was apparently accounted for by a certain malific aspect. He took such a horoscope to his expert friend, who immediately on looking at it said that if the man were alive he was a hunchback. In an-

other case he showed him the planetary map of a young woman, and his friend said at once if that girl had not a bad back she would have. She was at that moment being treated in London for spinal curvature.

The result of his own observations in thousands of cases during the past twenty-five years had led him to conclude that many illnesses, their nature, and the time they would occur were predicted from the moment of birth. The late Professor Alfred Russel Wallace told him once that he imagined the reading of an astrological map must be like mind-reading by a sensitive person. The professor, however, sent him the birth data of a lady about whom he himself knew nothing. From this he (the doctor) drew a description of the lady which the professor was informed by someone who knew her was quite accurate, and the professor wrote to him that he hoped soon to make the lady's acquaintance so that he might bask in the sunshine of her radiant attributes.

The doctor claimed that he was able to discover temperaments, diagnose diseases, give appropriate remedies, and tell whether new-born children would live from a study of the planetary maps of his patients.

Many children, he said, were not fitted by the moment of their birth for the stress of the world and they fell out early. The positions of the sun and moon were most concerned in matters of vitality, and each planet on the ascendant at birth had a marked influence on appearance and temperament. He mentioned as a curious fact that children tended to be born either close to the date of their parent's birth times or about four months from them, and quoted as an example that four children of the Queen of Spain were born on June 20, 21, 22, and 23, while her own birthday was on October 24, four months later.

Finally, said the doctor, happy marriages would be perfectly assured if the horoscopes of the man and woman were harmoniously complementary, and suggested that a scientific marriage broker might some day be a new profession, based upon a knowledge of astrology.

Curious Psychology of An Auto Accident

Thanks, on the one hand, to the spread of the automobile to every walk of life, more rapidly than highways, built in the days when such traffic was undreamt of, can be widened to meet it—and, on the other hand, to the growing congestion of life in the cities, forcing the children of the poor to use the city streets as their playgrounds, more than ever heretofore, automobile accidents, usually the running down of a child who chances to dart into the way of the speeding motor before there is chance to apply even the fastest

to photograph such accidents, will remark again and again how, when they level the camera, adults and children both will forget all thought of the injured and his pain while they strike poses and often, in the case of youngsters in their 'teens, even smile, grimace and the like—the thought of getting their pictures in the press instantly over-weighing the proprieties of the grim occasion at their very hand.

The picture tells the story better than any words might. It is a snapshot, taken in El Paso immediately after an automo-



Snapshot taken of the Auto Accident, in El Paso.

brake, are being chronicled in increasing numbers, day by day.

Usually these mishaps occur, as suggested, in the more crowded districts; people gather from every quarter and, at such times, the psychology of such a crowd makes an interesting study, indeed.

A. B. C. and D. to begin with, would not dream of intruding themselves on the death-bed hour of the same little victim, did they know him ever so well, were he lying abed at home. But, being mortally injured and obviously dying, out here in the street, old as well as young find him a proper subject for morbid curiosity.

Chums of the same child, who would be moved well nigh to tears were they to stand by and see him in equal pain, say, from illness, in his bed, will now watch, curious and really otherwise unconcerned.

In fact for some unaccountable reason their sentiment rests so lightly, at such

time, that newspaper photographers, sent bale had inadvertently run down a newsboy, as he plied his craft; and possibly will have killed him. The press photographer caught the scene, asking only that the spectators part sufficiently to let the camera go into action. The one boy, a chum and colleague of the injured one, struck instantly the pose of interest seen in the picture here, while the other broke into a merry laugh, that he might appear to the world with smiling face "at best"!

Press photographers and others, whose day's work brings them to the taking of pictures of such sort, have remarked, many times over, these astonishing exhibitions of unconcern, even mirth, on the part of the spectators in the scene; whose psychology seems to rule that not even the presence of death should prevent a smile on the face when one is photographed.

FELIX J. KOCH.

The Hand of the Unseen

I do not pretend to have any keen sight into the future, but perhaps the following incidents which are not fictitious but which have occurred from time to time in my life may prove interesting to those interested in the occult, says Katherine Lenox in the "Psychic World Monthly."

I have always hesitated to tell these experience for fear they would be explained away on the lines of brain hallucination. When I have repeated them my friends have blandly remarked, "Well, you know you have a very sensitive organization and are very imaginative."

As a child I was very timid and retiring, living always in a world of my own creating. I spent much of my time among my mother's books. I became an indefatigable reader, devouring everything that came my way, and especially of all books I could find treating of the marvelous. I have always had a fondness for the poetical and mysterious, aspiring to get a peep into the unknown.

My mother had a little leaning toward mysticism herself and used to laughingly end any allusion to it by saying: "Ah, well, we Scotch have ever been an uncanny lot."

As an older woman I have become a believer in the doctrines of the Mystics, and believe that we are surrounded by a phantom world. Some of our greatest thinkers are of the opinion that the future will yield up secrets of which we have as yet hardly dreamed. History abounds in prophetic forecasts amazingly accurate and farseeing. Roger Bacon was accounted a magician in his day. The immediate future may be more accessible to us than we imagine. Dreams are frequently the alleged form of premonition, for instance, although not accustomed to dreaming dreams that are premonitory, when I dream of carrying a child in my arms some trouble descends upon me, so that I always believe that this particular dream portends disaster to me.

Glimpses of things to come can somehow impress our consciousness. Mrs. Annie Besant tells us that "The true mystic is the spiritually conscious man or woman."

There is a wide acceptance of the the-

ory that the human body emits certain chemical waves—an aura of many colored lights emanating above the human head may be seen through an instrument which has in recent years been invented and much commented upon in scientific circles.

That I was psychically disposed became apparent to me while on a visit in the country. I had occasion to get up at sunrise to take a train. As I walked down the road the dawn began to deepen. The gold and the rose were coming and it promised to be a beautiful day. The splendid day was coming up; all my soul drew a long breath, and I felt myself beyond all doubt soaring. My feet seemed to hover above rather than touch the earth. I felt almost a superabundance of vitality and sprang along with a peculiar ease and grace. I seemed to be wafted upwards in space. But how can I express this feeling to those who have never felt as though the soul had left the body, for this was my feeling.

There in a terrestrial body and a celestial body and that morning my astral body seemed to be detached and I could feel it ascending.

The incident narrated below, while not connected in any way with disembodied spirits, had its roots in the supernatural, and may come under the head of premonitions.

In the early days of my marriage my husband and I had occasion to go house-hunting. We found one satisfactory to us; entering one of the rooms I became greatly depressed. A cold heavy moisture seemed to envelop it and turning to my husband I said: "This room feels like a vault to me." We moved into our new home but this feeling of entering one never left me while in this room. One day coming into the room I saw a band of crepe hanging from the door. Another time I saw the same thing hanging from my front door as I came up the street. I related these occurrences to my husband but he merely laughed and said I was a victim of nerves.

We often discussed the future world, and made a compact with each other that if there were any means of communication with this world whichever one left it first would try to return and tell the other

about it. "Let us come back even though it has to be in a dream," I said. "But even then I will not, perhaps, believe it."

One night he had to leave me alone to attend to a business matter. It was a bitterly cold night. There was a heavy snow; the snowflakes whirled against the window-panes and the wind shrieked around the house. I prepared to make myself warm and comfortable. With a book I sat cozily beside my open grate. I became intent on my book. After reading for about an hour the excessive stillness of the room palled on me, and dropping the book I sat quietly thinking. All at once the room seemed full of murmuring voices and mysterious influences surrounded me. I am not naturally timid when being alone in the house as I am used to it. But I listened with a chill sense that I was not alone as the disturbances continued.

The house was a small two-storied one. Feeling that the atmosphere downstairs was becoming too grawsome to be borne, and that my nerves were becoming unstrung, I hastily fled to my room and locked the door. Inside that room the feeling that I was with a silent presence remained with me. I felt that a calamity of some kind was hovering over me, and I was haunted by a feeling of evil. In great fear I endured the time until my husband's return.

At this time he was ill but still able to attend to business. The next day he became seriously ill, and that night he died.

At the time of his death I was alone with him. As I sat, holding his hand and listening to his breath, which was becoming fainter and fainter, I distinctly saw a gray mist fill the room. It looked like fog. It must be a very foggy night, I thought. I went to the window and looked out. It was a bright star-lit night. I looked again and again toward the bed. The fog was still there. In awe, I said aloud: "I am watching a soul leaving the body. This must be his aura."

One Summer, a year later, I was at the seashore home of a relative of my husband's. I was reading in bed one night until quite late. Hearing a clock in the neighborhood strike twelve I quickly closed my book, as I thought I would not be able to get up in time for the breakfast hour. I put out the electric light over my

head, and as I did so the moonlight flooded the room. I lay still enjoying its beauty when, as I looked toward the door I saw my husband approaching. I watched him breathlessly. He came to me and called me by name, after which he very quietly passed out of the room. I was so frightened that I could not move. After what I thought was a few moments I leaped up in great excitement and turned on the electric bulb, which I could reach without getting up. The incident will never be erased from my memory. I looked at my watch; it was five minutes past twelve.

Telling this episode the next morning to a noted scientist he said: "What has seemed a phenomena to you was merely a dream. You have dreamed it all." I told him of the compact we had made.

"If he could appear," he answered, "he would surely try to do so here, as he spent many happy days with us."

I feel convinced that I was awake at the time, for I am not the kind of a person who can sleep the moment the head touches the pillow. If it was a dream it was not suggested by any previous thought.

My father died two years later. While visiting my mother one day I spent the morning with her and my sister talking of father.

Luncheon being announced I left the folks on the porch and started to walk up stairs to arrange my hair. Pausing on the stairway, which looked down into a reception room, where the door was open leading to the porch, I distinctly saw my father leaning against the pillar of the porch right in our midst. I stood spellbound for some moments looking at him but he did not move, nor did he seem to be observing us. At that time my mother and sisters were coming into the dining-room. I did not go up stairs but turned and entered the room with them. When quietly seated I said: "I just saw father on the porch." They were amazed and said they had seen nothing.

Four years later my mother became very ill. The week before her death I was watching at her bedside. We did not expect her to live throughout the week. She was unconscious and very restless the night I sat alone with her. Once she sat

up in bed and raised her arms in the air with a sad, deep sigh, as though her soul was trying to escape from her pain-wracked body. She again sank to her pillow. Looking up suddenly I plainly saw over the bed what I thought was her own face looking down at herself. The face seemed to be encircled in a web, and while the picture of my mother, was the face of a very young woman. My mother was in her seventies. I gazed and gazed, hardly believing my own eyes. I arose and walked across the room to assure myself that I was awake, but when I came back the face was still there. It was fairly radiant and I thought, "What a wonder-

fully sweet, shining face." A few days later my mother passed out of the body.

In speaking of this event to one of my Spiritualist friends she said: "Of course, you saw the face, but it was the spirit of your mother's own mother who had returned to guide her safely to the Beyond."

My grandmother had passed away at the age of thirty-five—apparently the age of the face. I thought this a beautiful idea. The future is veiled from us; all of its mysteries have not, as yet, been solved, but we do know there is a Beyond—vast and mysterious.

I have never had any further manifestations.

A Message from the Other Side

The following is the "message from the grave" of William T. Stead, the famous British publicist, who lost his life on the "Titanic." Stead had always been greatly interested in psychical research from a scientific standpoint and had promised friends that after death he would try to communicate with them.

His message is as revealed through a medium and published in the Proceedings of the American Society for Psychical Research:

"Since my death I have found friends on earth are calling my appearance, my spirit, to their plane to establish my identity with that of my hand on earth; it is a common thing to be expected to appear in every circle, every seance and every sitting where a medium holds forth.

"I cannot do this. I cannot cheapen life's work to be at the beck and call of every medium when she is to know what she can do; rather let me appear where my presence can accomplish a result for the work which I tried so hard to prove.

"Now say that I was drowned in mid-ocean. I was held headless before the drowning and did not suffer from the death—that those men died harder than I—that the parting was with untold anguish and sorrow; let this pass as a fact; you, however, had a glimpse of the light here from others.

"Then I became aware of Julia with me. I was surprised, for my head was suddenly clear and she and my own greet-

ed me with smiles and rejoicing. I felt as though I was still in the body, and not, for a few moments, could I realize that I was without my earth form, yet I did not miss that in my friends as they appeared. They appeared as beings for me. It is a queer sensation—that of realizing the freedom from the material, like almost being naked in public, yet not so, seeing you have no sense of shame. Now the return of memory has brought me to a realization of my work and its pursuit in a grander sphere.

"Tell my friend, Dr. Hyslop, that he may call upon me through your hand, and if he wishes to put you questions I shall be delighted to answer them."

Life, Love, Intelligence, Omnipotence, Omniscience, Omnipresence, are the points for you to pin your eyes upon. All that represents less than that perfection is transitory and with every phase you can, by carnal mind, limit your vision. In other words, there is no contentment until perfection is reached. Contentment, as is generally known, is comparative. With every step ahead contentment has a new vision.

* * *

Search for harmony and if you go outside of it do not suddenly choose an absolute discord, but make your connection a growth in the daring with which you manipulate the inharmonious. In this way, you stand a much better chance of drawing them toward you.

Illumine Your Life

We shall find a continual source of inspiration if we ally ourselves with the Optimists, for the human mind cannot accomplish great work unless an optimist. The mind, if filled with fear and forebodings, is not in a condition to do effective work. A dark, gloomy, discouraged mental attitude will completely paralyze the creative powers of mind and body. We can control events and shape our lives as we please; we may do whatever we believe we can do, for the mind holds the elixir of life. Whatever state of mind you are in, you connect yourself with the cosmic current of the state and come in touch with all other persons who are under its dominion and thus it gains in strength, for in union there is always strength.

A thing succeeds because we put strength in the desire for it. Whatever we really desire we shall obtain, but we must work for what we desire to possess and not trust in the mere probability. We must not drift, for drifting will weaken the will. If you are in earnest about wanting to succeed, you must want it eagerly, you must have a goal in front of you. To wish for a thing without working for its accomplishment is only a treacherous mirage, and to hope without work is futile.

There are many of us who are more or less bound by morbid thoughts, but we can free ourselves from these by arousing some interest in study or work. Everyone should be encouraged to take up some useful work, either outside the home or within. Reading the lives of famous men and women, and their works, not only gains instruction but our thoughts are elevated and our ideals ennobled.

Music inspires spiritual development. We can be translated to a spirit world by its beauty, it creates a harmony under which the powers of the soul bud abloom.

Nature in all her moods beckons and calls us. The air is a cordial which we can draw into our being. Nature is a symbol of the spirit. Standing in a tranquil landscape, or in the green woods where the golden sunlight flickers through swaying branches, we seem to be touched by a wand. The current of peace and exhilaration which circulates through us is a

new thoroughfare opened to us. Mean and small things drop away from us and we are like those who, coming out of a dark cavern into the air, feel a joyous sense of freedom permeate their entire beings.

There is an occult relation between Nature and ourselves. When laboring under a great calamity the sky is full of sadness, for Nature is not always attired in bright colors. Our own mood we find reflected in the beauties of Nature. Who can look on a clear, sparkling river or feel the vastness and remoteness of the mountain peak, without being conscious of a broader vision, an upliftment? Nature in all her numerous phases offers herself as a picture language to us. The beauty of scenery has inspired many poets. Wadsworth, the Nature poet, sings—

“One impulse in the vernal wood,
Will teach us more of man,
Of moral nature and of good,
Than all the sages can.”

To get away from all inharmonious thoughts, turn from surrounding disturbances. Wait quietly for the inspiration of the spirit. Turn to your higher self, cast from your mind all indecisive thoughts, fill your mind with decision, courage, faith and power. If you will hold fast to these mental images, much can be accomplished. But to achieve any larger results, you must put your entire spirit into it. Do not be so absorbed in negative thoughts that you will give but little attention to forceful thoughts. The cause of failure must be put behind all thoughts if we would carry our ideals into action.

We cannot all live on the summit of the mountain, some of us must dwell in the valley. Many may not be able to express themselves in the manner they desire, but we can burnish up any good quality we may possess and reflect an inner life of beauty, and all these influences create a force for much good and make our surroundings more harmonious. We can make of life a heaven, for heaven is harmony. We have within us a magnet, and we can draw from the Universe all we may desire. It is our own fault if life has no color.

KATHERINE LENOX.

Psycho Therapeutics

This is a branch of medicine which every day is becoming more and more prominent and of greater importance. It is producing results which medicines have and must fail to produce.

There are many diseases which are purely functional in nature, but they bring about as much suffering as if they depended entirely upon pathological changes in the bodily organs. While there is a derangement in the functional activity of the body, still there is no permanent damage done to the body cells and, under appropriate treatment by mental suggestion, where needed, this condition disappears and healthy action replaces the upset state of the body.

We are all well aware of the fact that we can easily bring on a severe attack of indigestion by worry and that pleasant thoughts produce the opposite effect. This serves as a simple illustration of how our mental condition can and does produce profound impression upon the bodily organs. As we can cause diseased conditions by mental actions, so we can in like manner remove them. The cause is psychical, but the effect is physical and we have an alteration in the bodily secretions accompanied by pain, discomfort and poor health until we successfully remove the cause. Emotions are always accompanied by physical changes which may be either for our benefit or our discomfort.

The mere sight of food which appeals to the senses has power to cause the stomach cells to secrete. By means of simply talking to a person and suggesting delicious food we can cause the glands in the mouth to secrete saliva and conversely by suggesting disgusting food we cause the person to lose his appetite. Fear causes the glands of the mouth to cease their functioning and the mouth becomes dry and we find it difficult to swallow food, or at times even to talk.

Another illustration of the power of mind over the bodily organs is the prank played by mischievous boys who hold a lemon in front of a street band and suck the lemon, thereby causing the mouth of the player to water and prevent him from blowing his instrument.

Psycho-Therapeutics has made practical

use of the marked effect of mind over matter to remove mental depression, cure habits by changing desires to repugnance, et cetera. Many other conditions are amenable to this form of treatment which medicine and drugs have failed to either cure or relieve. Among the myriad ailments which have been entirely overcome are bad habits of all kinds, relief of pain, headache, insomnia, stammering and many, many others, too numerous to mention.

Noel H. M. Campbell, M. D.

We call attention to the above contribution to our magazine by Dr. N. H. M. Campbell, a distinguished medical practitioner and surgeon. The article is both interesting and instructive and indicative of his professional ability. We are pleased to announce that Dr. Campbell has established offices in Tuxedo Building. *Ed.*

We are auditors of the great proposition of life and less and less do we become mentally responsible. We are not even asked to pass judgment, we are not asked to try to control great events and the more thoroughly we relax and persistently take our place in the line of march, the more easily do we fit into our own niche. All the so-called turmoil of business life is the turmoil of intentionally blocking the wheels until our jaded senses catch up, when we permit the world to move on again. We are egoists, though conscientious. We think we can trace the future by the past. We think that faulty inheritances represent our course. In other words, we think, which is our fault.

* * *

Most of the temporary unrest of this life is caused by the persistence of a number of vibrations not consonant with the desired result, but which from some secondary cause, fails to find its home, its proper influence and its rest.

* * *

The effect on those we meet, or their effect on us, is pleasure where all are in tune, but pleasure where some phase of vibrations get in the way, impedes our progress, disturbs life's vibrations more and more the longer it persists in blocking Nature's harmony.

Name Suggested from Spiritland

Birth of a baby daughter to the widow of Prof. Edwin W. Friend, who perished with the "Lusitania," promises to enrich the Journal of the American Society for Psychical Research with a detailed account of the husband's companionship with the wife after he became a spirit, and of his pre-natal influence upon the child. At his suggestion from the spirit realm the child has been named Faith. Mrs. Friend kept very careful notes of all communications from her husband after his death and has consented to publish them, in the interest of the psychic cause.

The baby was born in Farmington, where the Friends lived, but the spirit influence which preceded its advent had manifested itself in Brighton, Mass., in the home of a medium to whom Mrs. Friend had gone upon the urgency of Professor James H. Hyslop, long Secretary of the American Society for Psychical Research, and of Miss Theodate Pope, daughter of the late Colonel Albert A. Pope, the bicycle manufacturer.

Miss Pope lives in Farmington and is an ardent student of psychic phenomena and a lavish contributor to research work in that direction. They were confident that Professor Friend's interest in the cause would impel him to demonstrate in his own case the power of spirits to communicate with the living.

Mrs. Friend also felt this assurance and when Professor Hyslop found a suitable medium for her in Brighton she willingly accompanied him there. Seances extended for several weeks in the summer, with Dr. Hyslop in personal charge. Mrs. Friend took copious notes at every visit to the medium.

In Professor Friend's lifetime she had always been diffident in respect to psychic matters, but this experience persuaded her that she can best glorify her husband's memory and prove the continuity of the thread of life into the spirit side to her. Her account will be a sort of diary of the seances, which she will report in their order.

Professor Friend's devotion to psychic research led him several years ago to resign a position as instructor in classics in Princeton University in order to pursue

spirit investigation. Learning of his earnestness in the cause, Miss Pope, who has been an investigator and was greatly impressed by the literature on the subject, gave him a home in Farmington, where her own estate is located, and thereafter provided means for his studies.

Professor James, of Harvard; Professor Hyslop and other lights in psychic research, were frequently entertained at Miss Pope's place, and Professor Friend always found congenial and helpful company there.

Sir Oliver Lodge, one of the leading psychic apostles in England, invited Miss Pope and Professor Friend to visit him in the Summer. He held out the prospect of very interesting psychic revelations through himself and other leaders in that thought in England. The invitation was accepted and Miss Pope and Professor Friend sailed on the "Lusitania." She was saved but he was lost when the ship went down.

Miss Pope barely escaped death in the disaster. Her body was taken, with others to the Queenstown Morgue, where a physician discovered signs of life and revived her. She returned home early in August, and said, on arrival, that although she had received no direct communication from Professor Friend, she knew that the widow and Professor Hyslop had been in touch with his spirit abode and had talked with him.—*From the "Psychic World Monthly."*

You cannot have a change in health, for better or worse, without affecting all your physical surroundings in some way. neither can you have any elevating influence that shows itself on any physical plane that influences that stratum only.

* * *

Peace says to the intellect: We neither know, nor do we care to ask. When we speak of a mortal's analyzing and, at the same time, know that the mortal mind perceives only the most trifling superficial questions among all it is acting out, we must realize that the "peace which passeth all understanding" means only the peace that mortal mind is capable of understanding.

Message Department

We have secured the valuable services of Mrs. H. Morris, Medium, New York.

Acknowledgments should be sent to this office.

Jerseyshire, Pa.

David Stein.

Dear Dave: I have found my way up here to give you a message, for I want to give you as much happiness as I can. I know you miss me so much, but I come to you at home and do all kinds of things, so you will know I am there and try in every way to make you satisfied. All of us are so happy at the experiences we have had lately, for it has helped us so much and eased your mind. We come to you when you are still and not thinking of anything and try to heal you, so you will be strong again. We will always manifest to you whenever we can. Minnie is here and sends her love to all the folks. Yours as always,

Tourey Stein.

New York City.

James Fletcher.

Dear James: We trust it will give you as much pleasure in receiving this as it does in us sending, for every little demonstration is that much more pleasing. How many wonderful things have been accomplished through you and how much good has been done, and yet there is a great deal more to be accomplished and we know you are ever ready and willing to do our bidding as it is all a labor of love. Mother sends her love to you. Cousin Will Hamer sends his regards, and Isaac Brunt says he is here. Be of good cheer, we are always with you.

Your Father,

James Fletcher.

Detroit, Mich.

George Dempsey.

Dear George: I send this with the earnest desire that you will receive it and that

it will give you a great deal of pleasure. I know you think of us so much of the time and feel that we are happy and very much contented, which we are. We are always trying to make you realize more and more all the time our nearness for then you will know that you are not alone. I am always trying to do something for your comfort and help you out in your natural work. Always think of us and do the best you can under all circumstances and that is all that can be asked of you. Edna is such a fine girl and is doing so much for herself. Arnold sends his kindest regards to you and I send my love. Take good care of yourself.

Charlotte Dempsey.

I do hope this message will reach Hattie Locker. I know, Hattie, that this will mean so much to you, for you will feel that you are helped by us on this side and as you go on through life it seems so hard to get along. As long as you are on the earth just so long you will have troubles, for they are sure to come no difference how hard you try to avoid them, but there is always a way out of everything and so it is with you. You have good friends on this side who are always ready and willing to do all they can for you if you will trust us and we know you will. We are trying to do everything in our power to make you successful and satisfied. With love from all of us,

Esther Locker.

Bartow, Florida.

Mrs. Nettie Wood.

Dear Mother: You will not think of us coming and sending you a letter, but we enjoy it very much and hope it will cheer you up a little. We have been helping you so much this winter doing what we can to build you up and make you feel like yourself again, for there is a great deal of work for you to do and you must be

equal to the occasion. Dr. Walker is always doing for you whenever his services are needed. Elzina says she wants to be remembered to you and that her spirit is no larger than any other spirit, for all her body was such a size. Take good care of yourselves and we will do our best by you. With love from all.

Earl.

Philadelphia, Pa.

Steven A. Bachman.

Dear Steve: Here we are to give you a surprise and send you a letter, for we know that you are always pleased to get some word from us. We are always doing for you and Pauline so that everything will go along as smoothly as possible, for there is always something to disturb you as long as you are in the earth life, but when you stop to consider that you have so many good friends who are always interested in you then the burdens do not seem near so hard. There are many times we would like to do much more for you but conditions are not in our favor. Mother sends her love to you all and Eddie Drehr says he does not want to be left out. I knew the rest would like to send word if they were here. Take good care of yourselves.

George Bachman.

I send this to Evangie Morgan of Chicago, Ill., and hope she will receive it. We have tried a number of times to come to you in this particular way, but failed until now. All of these experiences are so beneficial not only to ourselves, but to you as well, for it gives us a new idea of how to manifest. We have been with you so much here of late, for you have needed our help so much. You are so sensitive, and we are always doing something to attract your attention. You have much good work to do and we are ever ready and willing to help you. All the folks send their love to you and say to always call upon them when you need them. Martha Ford is here with me. With much love,

Addie Miller.

Chicago, Ill.

J. L. Unterlander.

Dear John: We have come a long way from home to send you a letter, but we have tried it several times before we have

succeeded. This is so wonderful that we are able to come in this way, but if you will only stop to think there is nothing impossible with the spirit if it only has the condition. I have learned so many wonderful things here which I never knew existed, but we are in a great world of learning and we have nothing to do but to unfold ourselves and teach those who are left behind. I would not want to come back and go through earth life again, for it has too many troubles. I am contented over here. I came to you personally so much as you know. With my kindest regards to all the rest of the folks,

Adam Unterlander.

Acknowledgment of messages given through the mediumship of Mrs. H. Morris, of New York City, in our message department:

136 Camfort St., Rochester, N. Y.

January 22, 1916.

This is to thank you for Mrs. Joslyn's message in your December issue.

Mrs. Joslyn is lying seriously and hopelessly ill, but had intended to thank you for the comfort it gave her. No doubt she will soon join the loved ones, after a life of co-operation and sympathy with Spiritual beings. She is one of the unassuming yet truly great souls belonging to the Spiritualistic ranks and beloved by thousands.

54 Cathedral Parkway, New York City.

January 22, 1916.

To Mrs. H. Morris:

I wish to thank you for the lovely message which gave me a most agreeable surprise in the SPIRITUALIST of December. I recognized every word and the message came from my sister who has been in the spirit world many years. I am a stranger to you and I do not think we have ever met, but I hope to have the pleasure in the near future when I can thank you in person. Again giving my sincere thanks,

Very truly yours,

A. M. Humphrey.

What Is Spiritualism?

(Continued.)

7. That the ethics of Spiritualism, based on human Brotherhood, demand that we should be absolutely just, honest, dutiful and charitable, doing as we would be done by, and loving our neighbor as ourselves, forgetful of self. That we should be Spiritually, not carnally, minded and ever strive to live up to the highest conceptions of right.

8. That there is no personal Devil as taught by Pagan mythology and some Christian expounders. Spirits that were perverted and degraded while in the flesh for a while retain their malign disposition and depraved propensities and do the evil things that are attributed to the Devil and his Imps. If we send liars over to the Spirit world we must not expect them to return to us as angels, but our duty is to help them to attain higher conditions by praying for them. Send out your good thoughts.

9. That as Bibles are the word and work of man none can be considered infallible, nor more authoritative than is Spirit communication of to-day. All should be subjected to the ordeal of reason and science, and accepted only in so far as they teach the truths and principles of nature—the only divine revelation.

10. That Spiritualism is a science because it rests upon mental and physical facts. A philosophy because it teaches the principles of nature; and explains the facts of science. A religion because it reveals the Spiritual significance of the fact and principles of nature's infinite soul."

11. That Spiritualism is the teaching of the Bible can be proved by referring to the following portions of the Scripture:

Spirit Writing.—2 Chronicles, 21:12; Daniel, 5:5.

Independent Spirit Writer.—Exodus, 24:12; Exodus, 31:18; Exodus 32:16; Exodus, 34:1; Deut. 5:22; Deut. 9:10.

Trumpet Speaking.—Exodus, 19:13, 16, 19; Exodus, 20:18; Revelations 1:10.

Disciples Heal the Sick.—Acts, 14:8-10; Acts, 3:1-8.

Healing by Magnetized Articles.—2 Kings, 4:20; Acts, 19:11, 12.

Spirit Levitation.—1 Kings, 18:12; Ezekiel 3:12, 13, 14; Ezekiel, 8:2; Acts, 8:30.

Spirit Tests.—Genesis, 24:14-19; Exodus, 4:14-31; Judges, 6:36-40; 1 Samuel, 1:10-11, 17, 26, 27; 1 Samuel 10:2-6, 9, 10

Trance.—Genesis, 15:12-17; Daniel, 8:18; Daniel, 10:9; Acts, 9:3-9; 2 Cor. 12:2.

Healing—Old Testament.—Numbers, 21:8, 9; 2 Kings, 5:1-14; 1 Kings, 17:17-24; 2 Kings, 4:8-37.

Disciples Charged to Heal the Sick.—Matt., 10:8; Luke, 9:2; Luke, 10:9.

Gifts of Healing.—1 Cor., 12:9-28.

Independent Spirit Voices.—Deut., 9:12, 13; 1 Samuel, 3:3-9; Ezekiel, 1:28; Matt., 17:5; Acts, 7:30, 31; Acts, 11:7, 8, 9; Acts 9:4-7.

Spirit Communication in Dreams.—Job, 33:15; Joel, 2:28; Genesis, 28:12; Genesis, 31:24; Genesis, 41.

12. The scientific demonstration of the continuity of human life is to-day the only possible satisfactory answer to the old question. "If a man die, shall he live again?"

Spiritualism affords exactly that kind of answer and therefore I do not hesitate, my dear readers, to say that from the communications with my Spirit friends, and other experiences I have accepted Spiritualism as true.

HOW TO INVESTIGATE SPIRITUALISM.

If there is a real earnest desire to investigate Spiritualism it is not always necessary to consult a Medium, although it is often helpful to quicker knowledge.

But in your own family there is always at least one member possessing this gift. The investigation of Spiritual Phenomena is best obtained in the home circle.

Sensitiveness, or the Mediumistic faculty, is inherent in all in varying degrees, and is capable of cultivation. There is nothing miraculous or mysterious about it. Sometimes a member of the circle that has gathered around the table for the first time is found to be Mediumistic, and communications are at once received from Spirit friends. This is not often the case,

however, as there are certain conditions which are essential, and several attempts may have to be made before you will get results.

Although there is nothing arbitrarily fixed in the matter of forming a circle, as is generally supposed, there are rules, the observance of which will facilitate development. The number in the circle should not be less than four or more than twelve, for investigation or development in the beginning. There is more knowledge to be gained when one or more of the circle become acquainted, and understand their Mediumistic gifts or power. Sittings can be held in darkness if preferred. I do not say that Materialization cannot be produced in daylight or with gas or electric light, for I believe it can; but there must be some extra good conditions and great harmony amongst the sitters.

An equal number of the sexes is preferable; one or two more ladies than gentlemen will add to a better condition. The date and time of the circle should be fixed and unchanged, and every member should attend regularly. The seance or circle should be held at least once a week, but not more than twice. It is best to have

a room set apart for the circle. The members should always occupy the same places if around a table, or other place, except when requested by the Spirit to make a change.

The sensitive or known Mediums should form part of the circle; at the commencement joining hands has advantages, but afterwards the hands can be released and if a table is used the hands placed on the table, palms downward. No one should be allowed in the room who does not sit in the circle.

Pure air and convenient seats, insuring perfect ease and physical comfort, are essential to success. Vicious and ignorantly credulous persons, also triflers and arrogant skeptics, should be excluded. When manifestations are received through such a circle their value is increased by the fact that the members and the Medium are known. What is more, we furnish our departed friends the means whereby to approach us and make known not only their identity to us, but their undying affection. We catch a gleam through the parted curtains of the life beyond, and become conscious that the real life is over there.



ABRAHAM LINCOLN

From a humble home he came,
Our Country's Hero did,
But was he not an honored name,
Though born in a humble crib?

Do roses bloom in dust of gold,
And the lilies fair
Their pretty snowy leaves unfold,
Where fashion's splendors glare?

Do not the waters of the deep,
Hold pearls both rich and rare?
Does not black earth the treasures keep,
A wealth of jewels there?

Ye men, tho' born in mansions grand,
Are your hearts pure within?
Dare you stand before the Master,
And show a life more clean?

Look not down on that little home,
The wooden cabin wall,
Where the author of the Free was born,
A blessing to us all.

'Tis said his face was homely,
'Twas beautiful as Truth,
And when he split the sturdy rails,
He hewed the way for us.

He opened wide his loving heart,
When slavery was a curse,
For Country's flag and freedom fought,
In God he bravely trust.

A humble home is grander,
Than mansions large and fair,
Where Honor has its birthplace,
God seeks His workers there.

Alma B. Wilson.

Question Department



C. P. CHRISTENSEN,

The Danish Psychic, founder and President of The Psychological Research Society, Incorporated, New York.

Editor of this magazine.

I extend the privilege to correspond with me. For this there is no charge. Am willing to answer one question to best of my ability, and through inspiration. In addition to answering your question I will willingly and freely write anything else I may be inspired to. However, I leave it for your own judgment to act upon and prove it to be correct.

I consider all communications strictly confidential and private, and each letter is attended to by myself personally and dictated by myself personally. I, however, do not promise to answer your letter by return mail.

WHEN VISITING NEW YORK

Attend Spiritual Meetings conducted under the auspices of The Psychological Research Society of New York, Inc., at its Headquarters and Studio

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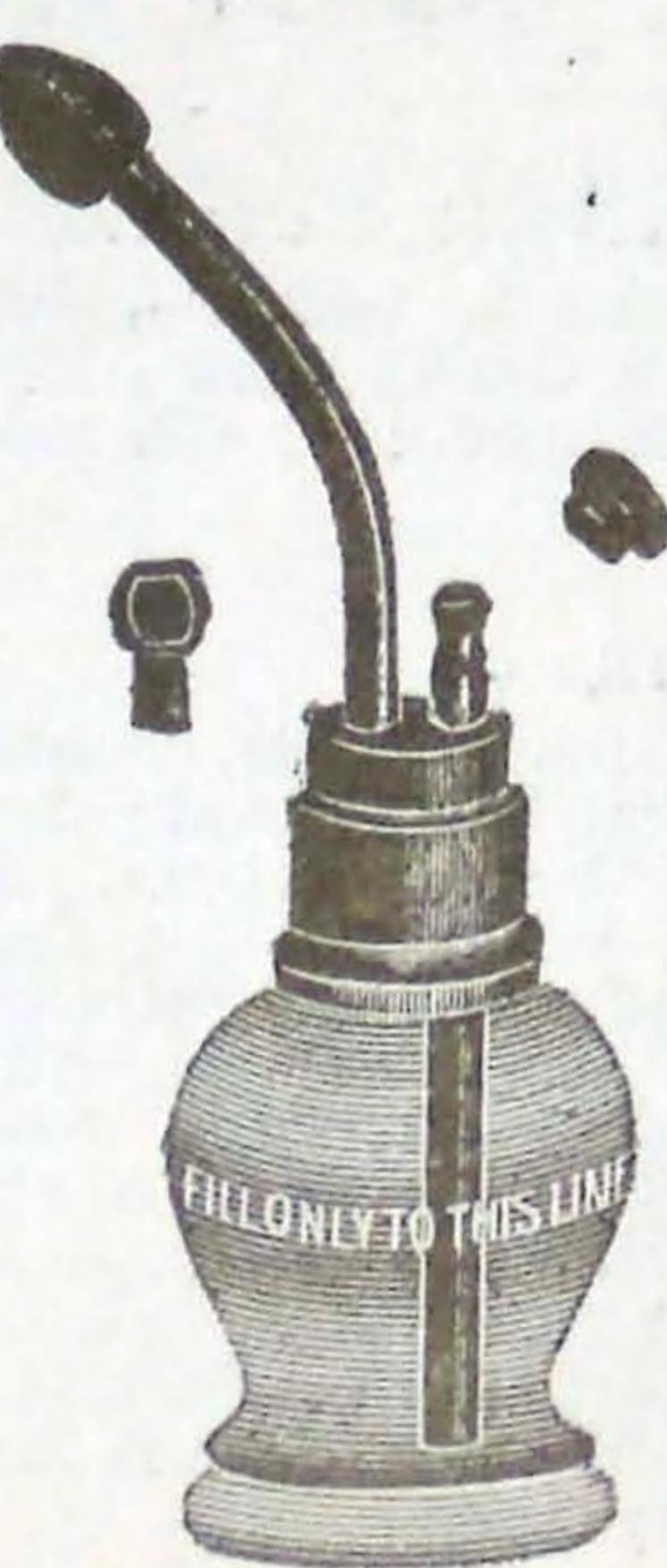
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